

Sexual Assault Center

Resiliency Yoga

Virtual Yoga Event



The Sexual Assault Center invites survivors and co-survivors to join us for yoga. We welcome all survivors at any place in their journey to reclaim their resiliency through the practice of gentle and mindful yoga.

Sunday, October 17 at 10 a.m. (virtual or outdoor)

Sunday, November 14 at 10 a.m. (virtual)

Sunday, January 16, 2021 at 10 a.m. (virtual)

**Space is limited.*

Must register to receive link, contact Pratishna Thapa at 240.507.5218 or pratishna.thapa@alexandriava.gov



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Department of Community
and Human Services